

Supplementary Materials

Appendix A. List of reviewed articles

- Allen, P. M., Mejía, S. T., & Hooker, K. (2015). Personality, self-perceptions, and daily variability in perceived usefulness among older adults. *Psychology and Aging, 30*(3), 534–543.
- Baez, L. M., Puccetti, N. A., Stamatis, C. A., Jaso, B. A., Timpano, K. R., & Heller, A. S. (2022). Identifying Real-World Affective Correlates of Cognitive Risk Factors for Internalizing Disorders. *Emotion, 23*(3), 678–687.
- Barber, S. J., Hamel, K., Ketcham, C., Lui, K., & Taylor-Ketcham, N. (2020). The effects of stereotype threat on older adults' walking performance as a function of task difficulty and resource evaluations. *Psychology and Aging, 35*(2), 250–266.
- Battaglini, A. M., Rnic, K., Jameson, T., Jopling, E., & Lemoult, J. (2023). Supplemental Material for Interpersonal Emotion Regulation Flexibility: Effects on Affect in Daily Life. *Emotion, 23*(4), 1048–1060.
- Baucom, B. R., Saxbe, D. E., Ramos, M. C., Spies, L. A., Iturralde, E., Duman, S., & Margolin, G. (2012). Correlates and characteristics of adolescents' encoded emotional arousal during family conflict. *Emotion, 12*(6), 1281–1291.
- Bernstein, E. E., Curtiss, J. E., Wu, G. W. Y., Barreira, P. J., & McNally, R. J. (2019). Exercise and emotion dynamics: An experience sampling study. *Emotion, 19*(4), 637–644.
- Bielak, A. A. M., Hultsch, D. F., Strauss, E., MacDonald, S. W. S., & Hunter, M. A. (2010). Intraindividual variability is related to cognitive change in older adults: Evidence for within-person coupling. *Psychology and Aging, 25*(3), 575–586.
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- Brose, A., De Roover, K., Ceulemans, E., & Kuppens, P. (2015). Older adults' affective experiences across 100 days are less variable and less complex than younger adults'. *Psychology and Aging, 30*(1), 194–208.
- Brose, A., Scheibe, S., & Schmiedek, F. (2013). Life contexts make a difference: Emotional stability in younger and older adults. *Psychology and Aging, 28*(1), 148–159.

- Brose, A., Schmiedek, F., Lövdén, M., & Lindenberger, U. (2012). Daily variability in working memory is coupled with negative affect: The role of attention and motivation. *Emotion, 12*(3), 605–617.
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- Causer, J., Holmes, P. S., Smith, N. C., & Williams, A. M. (2011). Anxiety, Movement Kinematics, and Visual Attention in Elite-Level Performers. *Emotion, 11*(3), 595–602.
- Chen, M. A., Suchting, R., Thayer, J. F., & Fagundes, C. P. (2023). Resilience to Stress Across the Lifespan: Childhood Maltreatment, Heart Rate Variability, and Bereavement. *Psychology and Aging, 38*(3), 247–262.
- Chester, D. S., Clark, M. A., & DeWall, C. N. (2021). The flux, pulse, and spin of aggression-related affect. *Emotion, 21*(3), 513–525.
- Coifman, K. G., Kane, M. J., Bishop, M., Matt, L. M., Nylocks, K. M., & Aurora, P. (2021). Predicting negative affect variability and spontaneous emotion regulation: Can working memory span tasks estimate emotion regulatory capacity? *Emotion, 21*(2), 297–314.
- Das, D., Tan, X., Bielak, A. A. M., Cherbuin, N., Easta, S., & Anstey, K. J. (2014). Cognitive ability, intraindividual variability, and common genetic variants of Catechol-O-Methyltransferase and Brain-Derived Neurotrophic Factor: A longitudinal study in a population-based sample of older adults. *Psychology and Aging, 29*(2), 393–403.
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- de Manzano, Ö., Theorell, T., Harmat, L., & Ullén, F. (2010). The Psychophysiology of Flow During Piano Playing. *Emotion, 10*(3), 301–311.
- Disabato, D. J., Gawlik, E. A., Aurora, P., & Coifman, K. G. (2025). Unpacking the components of positive affect variability: Implications for psychological health across contexts. *Emotion, 25*(1), 126–143.
- Dizén, M., & Berenbaum, H. (2011). Cognitive Correlates of Emotional Traits: Perceptions of Self and Others. *Emotion, 11*(1), 115–126.

- Double, K. S., Pinkus, R. T., & MacCann, C. (2022). Emotionally Intelligent People Show More Flexible Regulation of Emotions in Daily Life. *Emotion*, 22(2), 397–402.
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- Hill, P. L., Turiano, N. A., Spiro, A., & Mroczek, D. K. (2015). Understanding inter-individual variability in purpose: Longitudinal findings from the VA normative aging study. *Psychology and Aging*, 30(3), 529–533.
- Holtzer, R., Ross, D., Izzetoglu, M. (2021). Intraindividual Variability in Neural Activity in the Prefrontal Cortex during Active Walking in Older Adults. *Psychology and Aging*, 35(8), 1201–1214.
- Hu, D., Kalokerinos, E. K., & Tamir, M. (2023). Flexibility or Instability? Emotion Goal Dynamics and Mental Health. *Emotion*, 24(4), 1078–1091.
- Human, L. J., Whillans, A. V., Hoppmann, C. A., Klumb, P., Dickerson, S. S., & Dunn, E. W. (2015). Finding the middle ground: Curvilinear associations between positive affect variability and daily cortisol profiles. *Emotion*, 15(6), 705–720.
- Jenkins, B. N., Hunter, J. F., Richardson, M. J., Conner, T. S., & Pressman, S. D. (2020). Affect Variability and Predictability: Using Recurrence Quantification

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Keng, S. L., & Tong, E. M. W. (2016). Riding the tide of emotions with mindfulness: Mindfulness, affect dynamics, and the mediating role of coping. *Emotion*, 16(5), 706–718.

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- Kuppens, P., Van Mechelen, I., Nezlek, J. B., Dossche, D., & Timmermans, T. (2007). Individual differences in core affect variability and their relationship to personality and psychological adjustment. *Emotion*, 7(2), 262–274.
- Landa, I., & English, T. (2022). Supplemental Material for Variability in State Authenticity Predicts Daily Affect and Emotion Regulation. *Emotion*, 22(8), 1995–1999.
- Lepage, J., Bègue, L., Zerhouni, O., Dambrun, M., Vezirian, K., Besson, T., ... Mermillod, M. (2022). Authoritarian Attitudes Are Associated With Higher Autonomic Reactivity to Stress and Lower Recovery. *Emotion*, 22(3), 526–544.
- Lo, T. T., Van Lissa, C. J., Verhagen, M., Hoemann, K., Erbaş, Y., & Maciejewski, D. F. (2024). A Theory-Informed Emotion Regulation Variability Index: Bray Curtis Dissimilarity. *Emotion*, 24(5), 1273–1285.
- Lü, W., & Wang, Z. (2018). Associations between resting respiratory sinus arrhythmia, intraindividual reaction time variability, and trait positive affect. *Emotion*, 18(6), 834–841.
- MacCormack, J. K., Bonar, A. S., & Lindquist, K. A. (2024). Interoceptive Beliefs Moderate the Link Between Physiological and Emotional Arousal During an Acute Stressor. *Emotion*, 24(1), 269–290.
- Maillet, D., Yu, L., Hasher, L., & Grady, C. L. (2020). Age-related differences in the impact of mind-wandering and visual distraction on performance in a go/no-go task. *Psychology and Aging*, 35(5), 627–638.
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- Nasso, S., Vanderhasselt, M. A., Demeyer, I., & Raedt, R. De. (2019). Autonomic Regulation in Response to Stress: The Influence of Anticipatory Emotion Regulation Strategies and Trait Rumination. *Emotion*, 19(3), 443–454.
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- Nowak, U., & Lincoln, T. M. (2021). An Experience-Sampling Study on the Relevance of Affect Dynamics to Paranoid Ideation. *Emotion*, 23(1), 111–123.

- Nowak, U., Wood, J., Dinu, A. N., Wittkamp, M. F., Clamor, A., Oravec, Z., & Lincoln, T. M. (2022). Are Paranoid Ideation and Hallucination Spectrum Experiences Differently Associated With Affect Dynamics? A Continuous-Time Modeling Approach. *Emotion*, 23(5), 1294–1305.
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- Reitsema, A. M., Jeronimus, B. F., Dijk, M. Van, & Jonge, P. De. (2022). Supplemental Material for Emotion Dynamics in Children and Adolescents: A Meta-Analytic and Descriptive Review. *Emotion*, 22(2), 374–396.
- Scheibe, S., Yeung, D. Y., & Doerwald, F. (2019). Age-related differences in levels and dynamics of workplace affect. *Psychology and Aging*, 34(1), 106–123.

- Scott, J. K., Dix, T., Moed, A., Anderson, E. R., & Greene, S. M. (2020). Transient changes in mothers' negative emotional reactivity predict changes in the intensity, persistence, and variability of their aversive behavior. *Emotion*, 22(6), 1294–1306.
- Scott, S. B., Sliwinski, M. J., Mogle, J. A., & Almeida, D. M. (2014). Age, stress, and emotional complexity: Results from two studies of daily experiences. *Psychology and Aging*, 29(3), 577–587.
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- Sperry, S. H., & Kwapil, T. R. (2022). Supplemental Material for Bipolar Spectrum Psychopathology Is Associated With Altered Emotion Dynamics Across Multiple Timescales. *Emotion*, 22(4), 627–640.
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- Turgeon, M., & Wing, A. M. (2012). Late onset of age-related difference in unpaced tapping with no age-related difference in phase-shift error detection and correction. *Psychology and Aging*, 27(4), 1152–1163.
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- Wenzel, M., Blanke, E. S., Rowland, Z., & Kubiak, T. (2022). Emotion Regulation Dynamics in Daily Life: Adaptive Strategy Use May Be Variable Without Being Unstable and Predictable Without Being Autoregressive. *Emotion*, 22(7), 487–504.
- Williams, D. P., Tracy, L. M., Gerardo, G. M., Rahman, T., Spangler, D. P., Koenig, J., & Thayer, J. F. (2019). Supplemental Material for Sex Moderates the Relationship Between Resting Heart Rate Variability and Self-Reported Difficulties in Emotion Regulation. *Emotion*, 19(6), 992–1001.
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- Xie, W., Ye, C., & Zhang, W. (2023). Supplemental Material for Negative Emotion Reduces Visual Working Memory Recall Variability: A Meta-Analytical Review. *Emotion*, 23(3), 859-871.
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Appendix B. Results from other effect size conditions

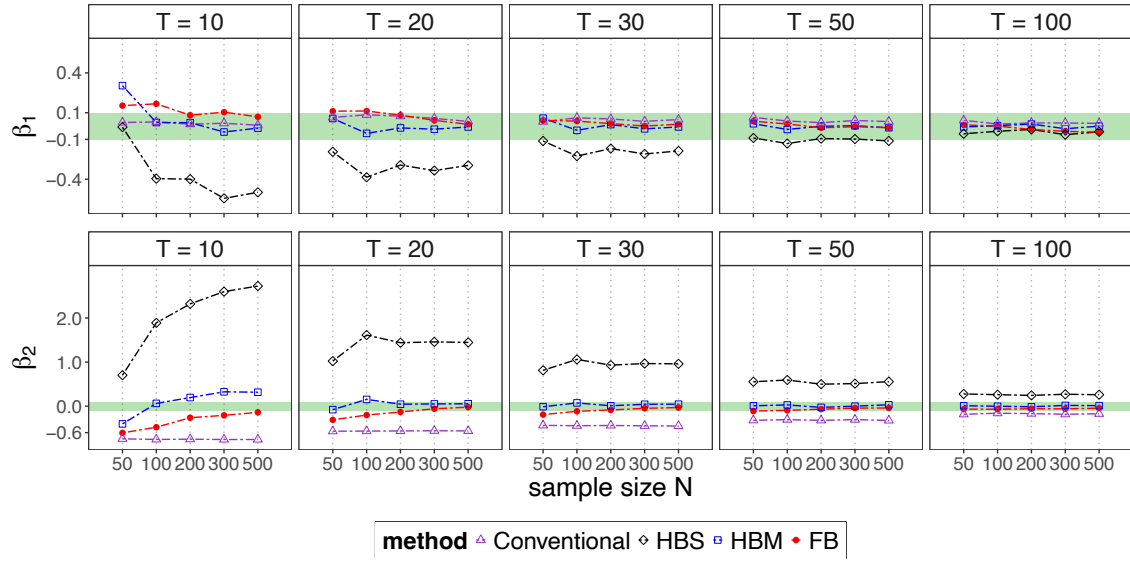
1. ISD is a predictor

1.1 $\beta_3 = 0$

True values: $\beta_1 = .42$, $\beta_2 = 1.65$, $\beta_3 = 0$

Figure S1

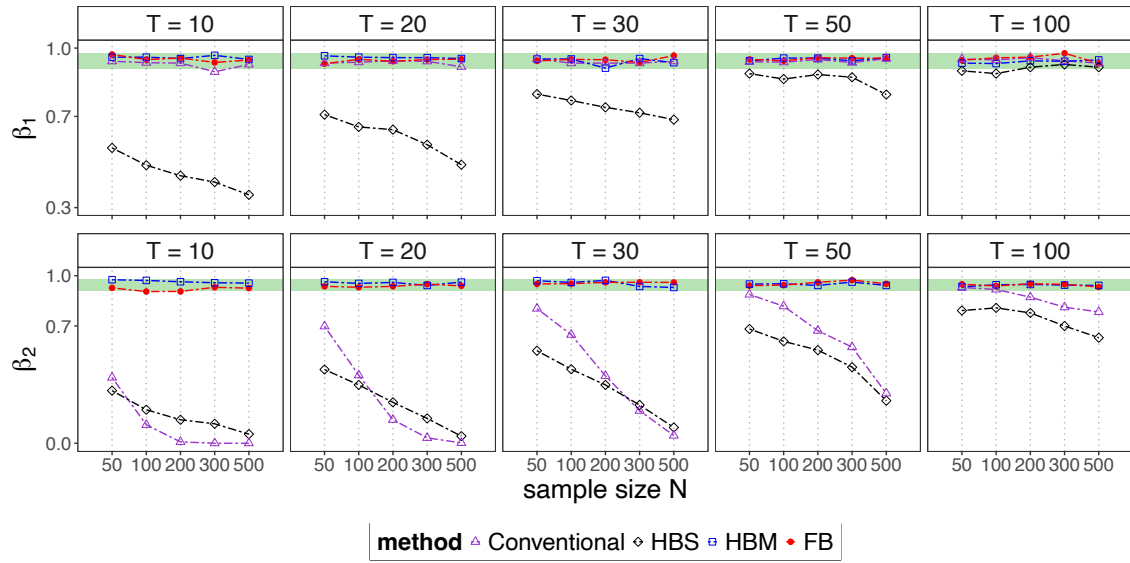
Relative bias results of β_1, β_2 from conditions with $\beta_3 = 0$



Note. The green dashed lines mark the range of $[-.1, .1]$ for ignorable relative biases.

Figure S2

Coverage rates results of β_1, β_2 from conditions with $\beta_3 = 0$



Note. The green dashed lines mark the range of $[.91, .98]$ for satisfactory 95% CI coverage rates.

Figure S3

Empirical bias results of β_3 from conditions with $\beta_3 = 0$

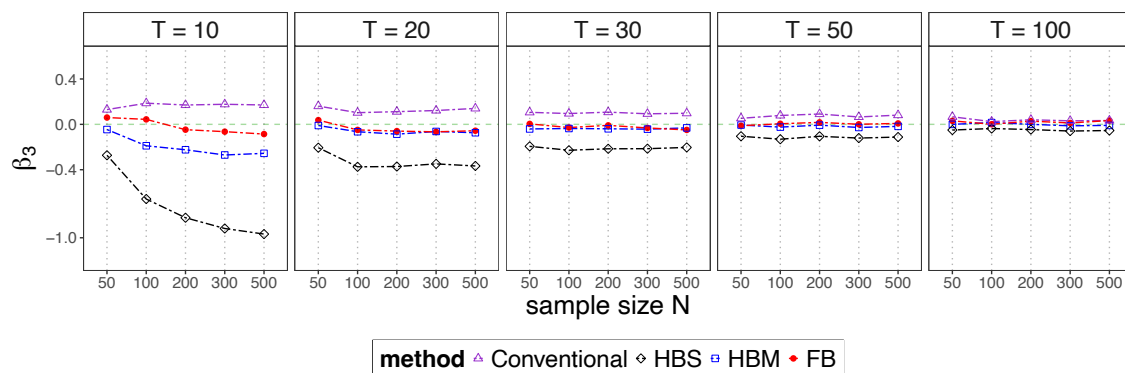
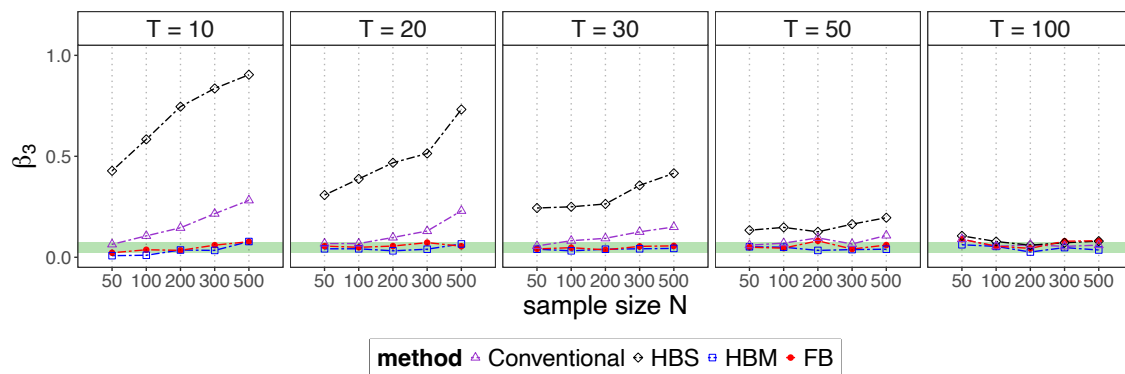


Figure S4

Type I error rate results of β_3 from conditions with $\beta_3 = 0$



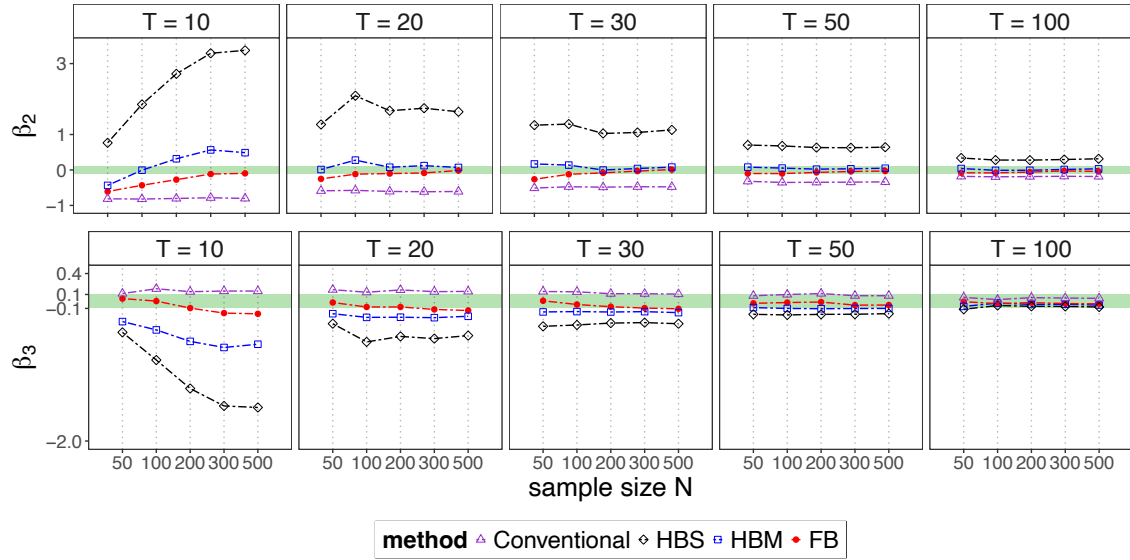
Note. The green dashed lines mark the range of $[.025, .075]$ for well-controlled Type I error rates.

1.2 $\beta_1 = 0$

True values: $\beta_1 = 0$, $\beta_2 = 1.55$, $\beta_3 = .72$

Figure S5

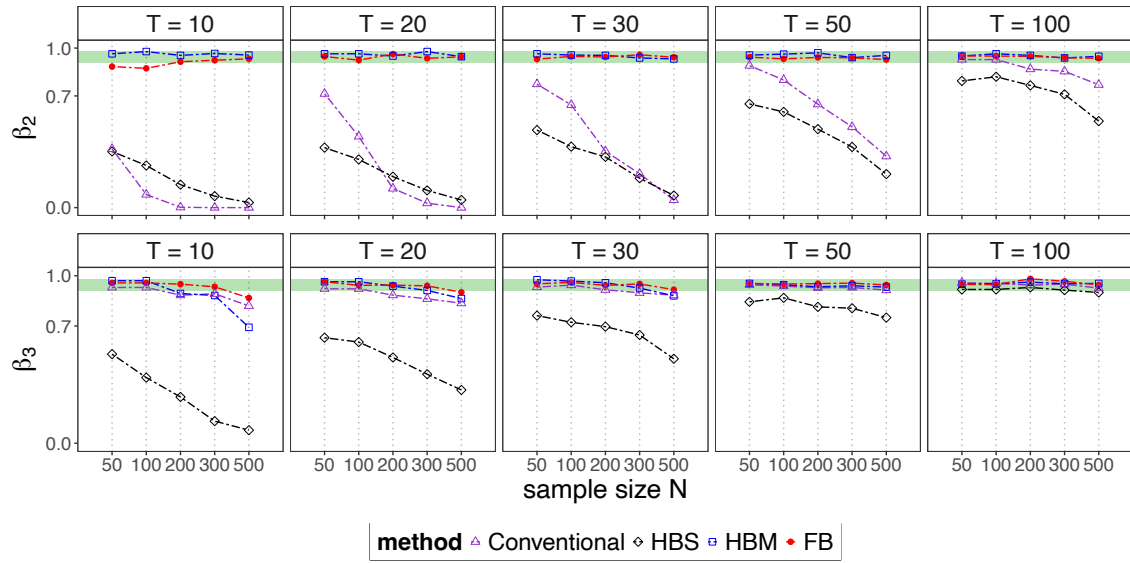
Relative bias results of β_2, β_3 from conditions with $\beta_1 = 0$



Note. The green dashed lines mark the range of $[-.1, .1]$ for ignorable relative biases.

Figure S6

Coverage rates results of β_2, β_3 from conditions with $\beta_1 = 0$



Note. The green dashed lines mark the range of [0.91, 0.98] for satisfactory 95% CI coverage rates.

Figure S7

Empirical bias results of β_1 from conditions with $\beta_1 = 0$

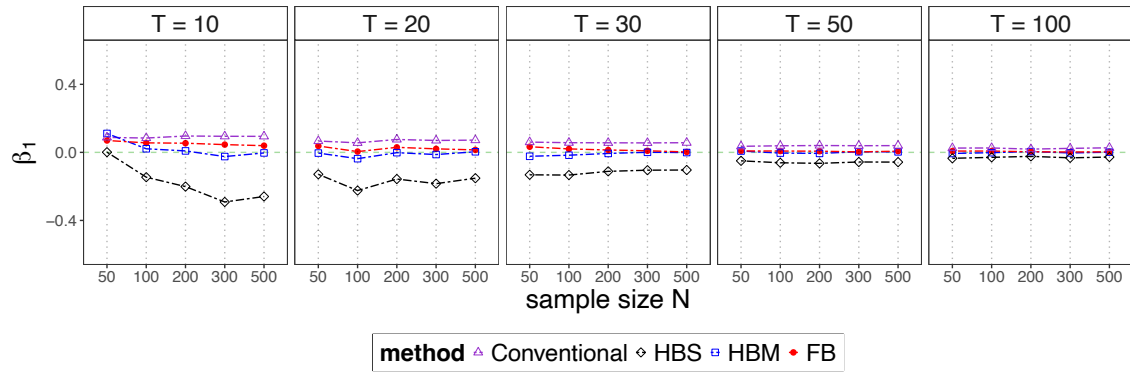
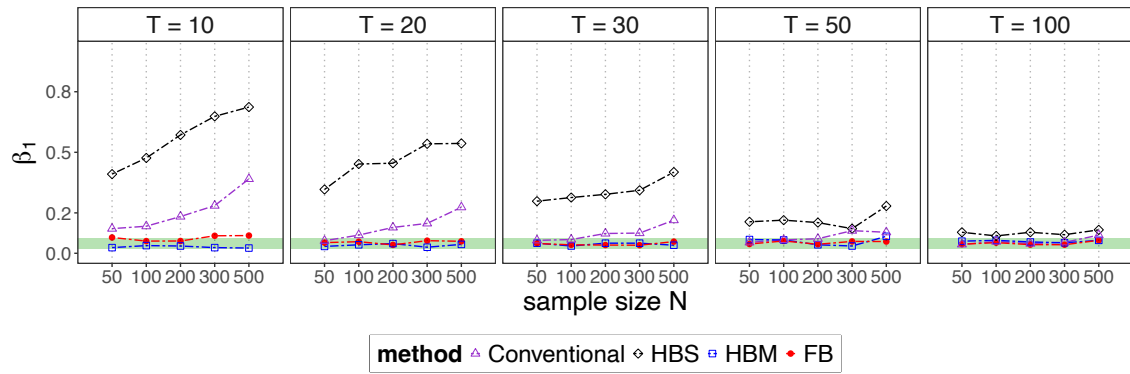


Figure S8

Type I error rate results of β_1 from conditions with $\beta_1 = 0$



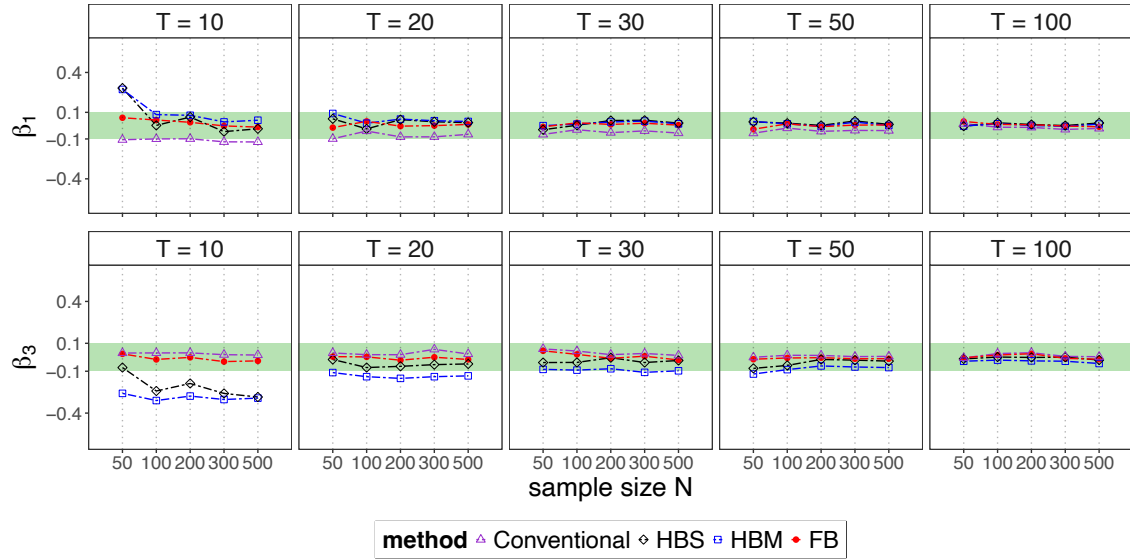
Note. The green dashed lines mark the range of $[.025, .075]$ for well-controlled Type I error rates.

1.3 $\beta_2 = 0$

True values: $\beta_1 = .43$, $\beta_2 = 0$, $\beta_3 = .78$

Figure S9

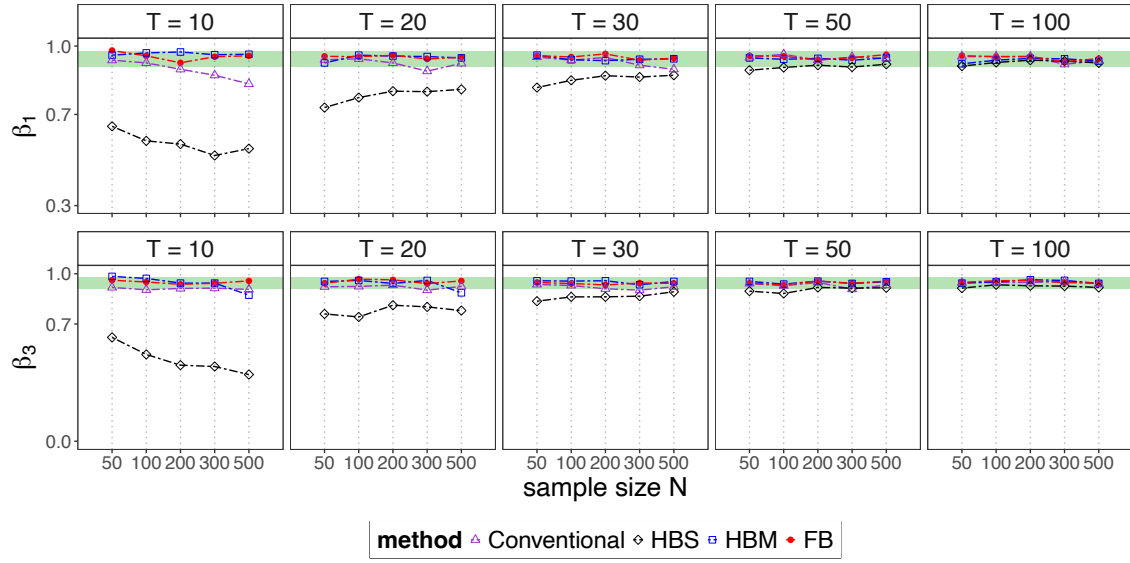
Relative bias results of β_1, β_3 from conditions with $\beta_2 = 0$



Note. The green dashed lines mark the range of $[-.1, .1]$ for ignorable relative biases.

Figure S10

Coverage rates results of β_1, β_3 from conditions with $\beta_2 = 0$



Note. The green dashed lines mark the range of [0.91, 0.98] for satisfactory 95% CI coverage rates.

Figure S11

Empirical bias results of β_2 from conditions with $\beta_2 = 0$

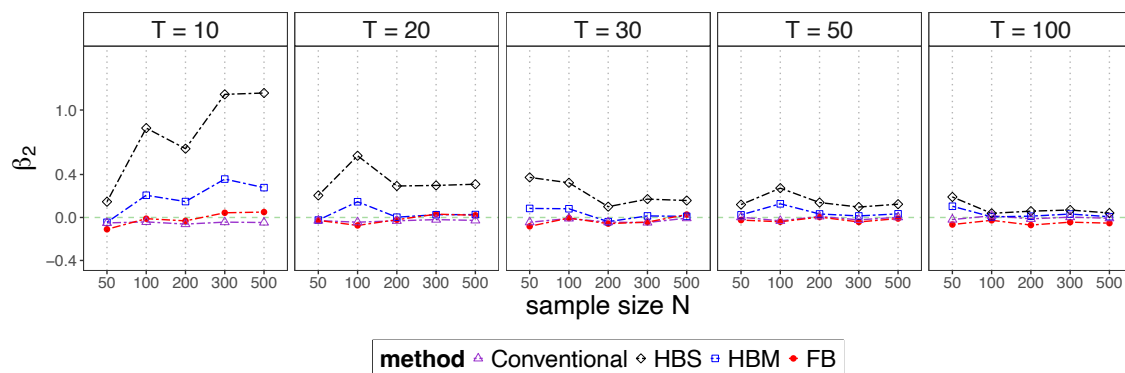
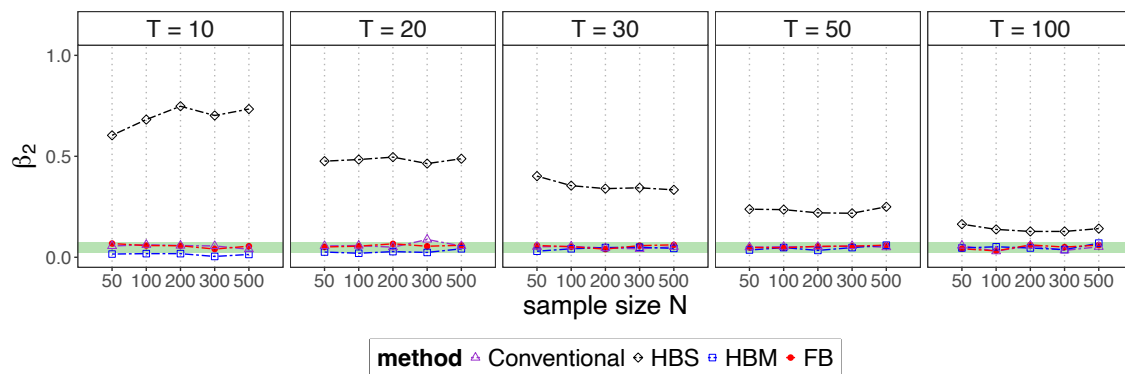


Figure S12

Type I error rate results of β_2 from conditions with $\beta_2 = 0$



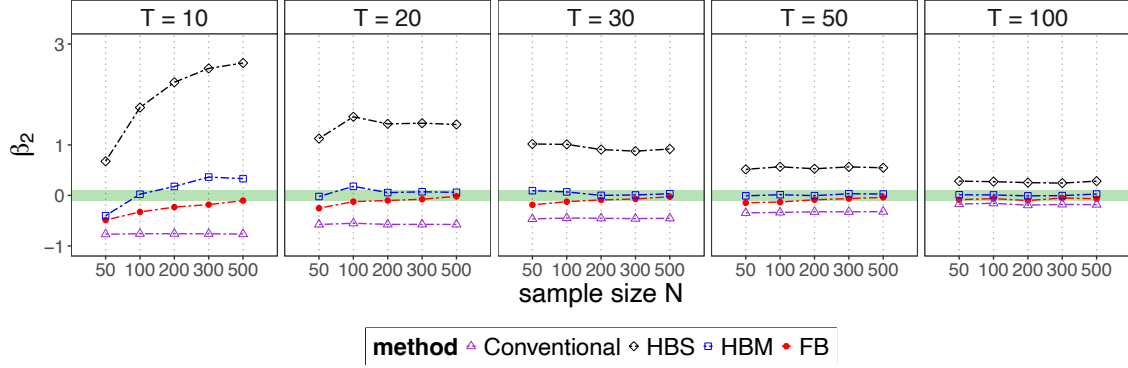
Note. The green dashed lines mark the range of $[.025, .075]$ for well-controlled Type I error rates.

1.4 $\beta_1 = 0, \beta_3 = 0$

True values: $\beta_1 = 0, \beta_2 = 1.97, \beta_3 = 0$

Figure S13

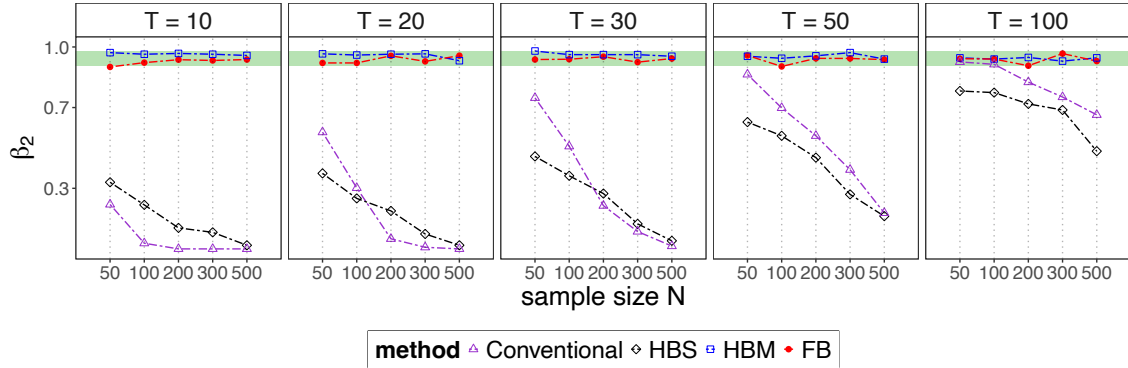
Relative bias results of β_2 from conditions with $\beta_1 = 0, \beta_3 = 0$



Note. The green dashed lines mark the range of $[-.1, .1]$ for ignorable relative biases.

Figure S14

Coverage rates results of β_2 from conditions with $\beta_1 = 0, \beta_3 = 0$



Note. The green dashed lines mark the range of $[\text{.91}, \text{.98}]$ for satisfactory 95% CI coverage rates.

Figure S15

Empirical bias results of β_1, β_3 from conditions with $\beta_1 = 0, \beta_3 = 0$

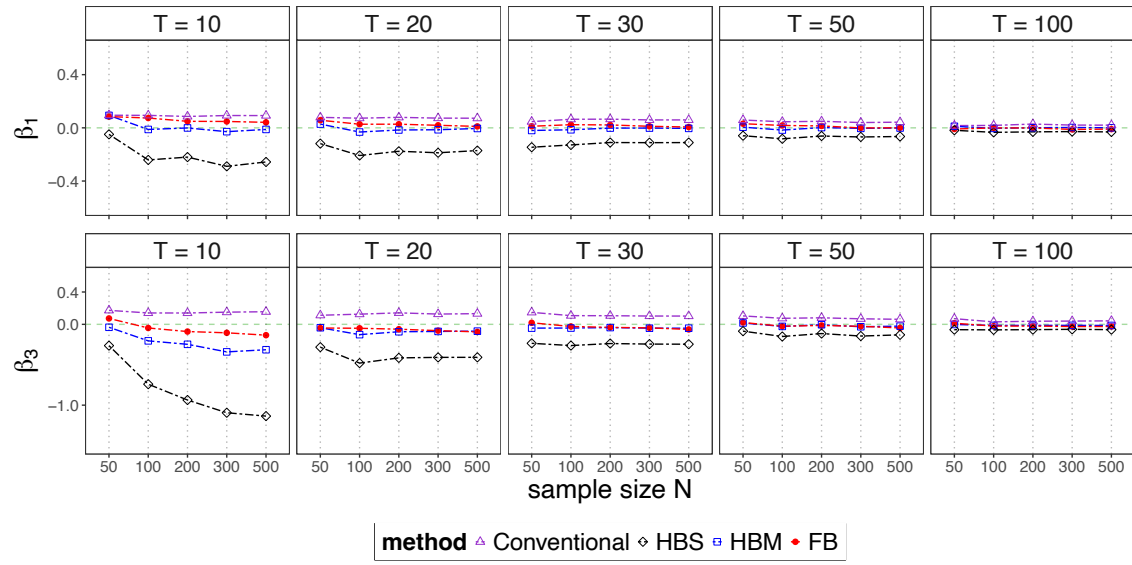
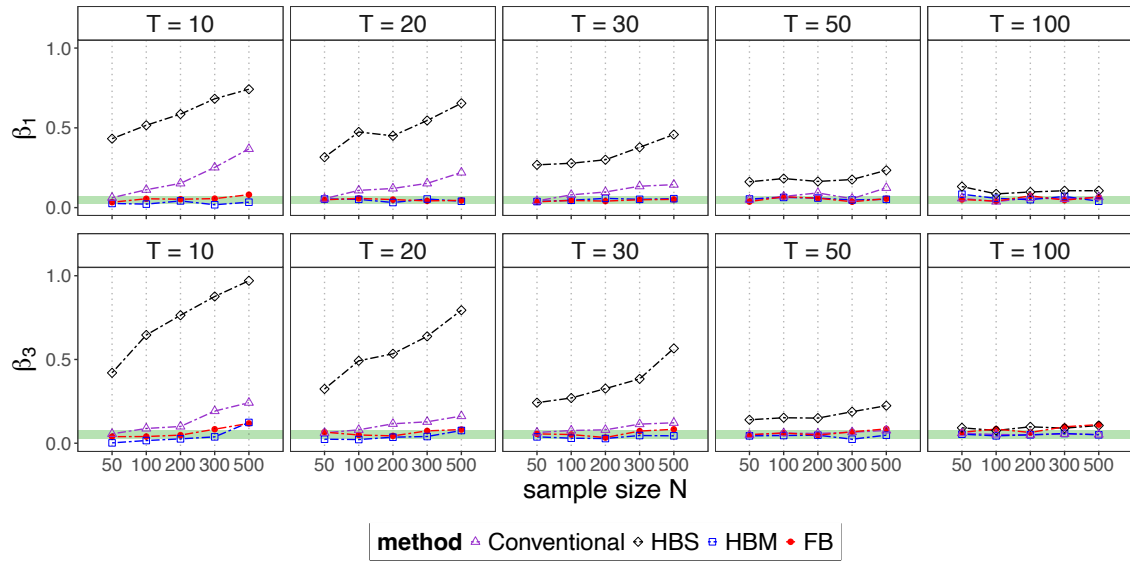


Figure S16

Type I error rate results of β_1, β_3 from conditions with $\beta_1 = 0, \beta_3 = 0$



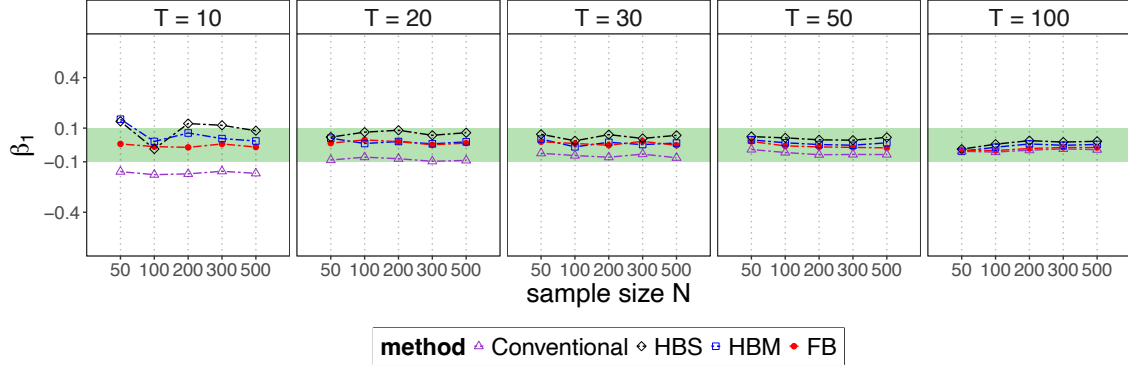
Note. The green dashed lines mark the range of [0.025, 0.075] for well-controlled Type I error rates.

1.5 $\beta_2 = 0, \beta_3 = 0$

True values: $\beta_1 = .5, \beta_2 = 0, \beta_3 = 0$

Figure S17

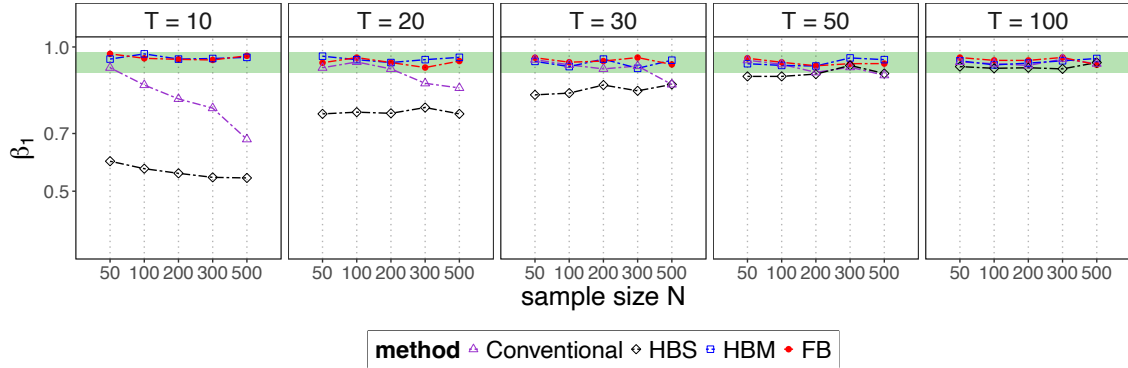
Relative bias results of β_1 from conditions with $\beta_2 = 0, \beta_3 = 0$



Note. The green dashed lines mark the range of $[-.1, .1]$ for ignorable relative biases.

Figure S18

Coverage rates results of β_1 from conditions with $\beta_2 = 0, \beta_3 = 0$



Note. The green dashed lines mark the range of $[\.91, \.98]$ for satisfactory 95% CI coverage rates.

Figure S19

Empirical bias results of β_2, β_3 from conditions with $\beta_2 = 0, \beta_3 = 0$

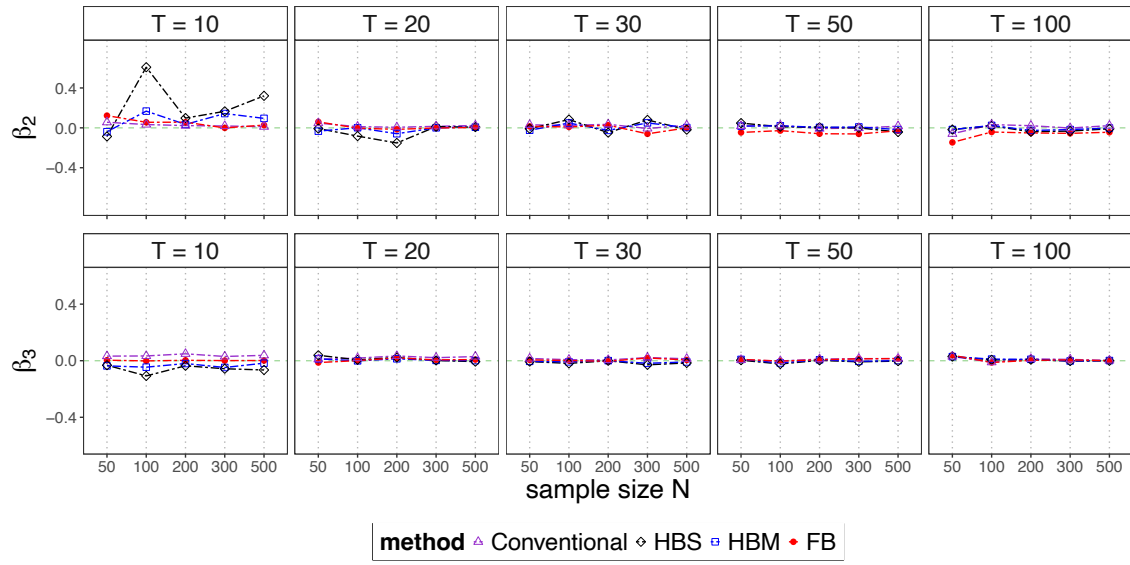
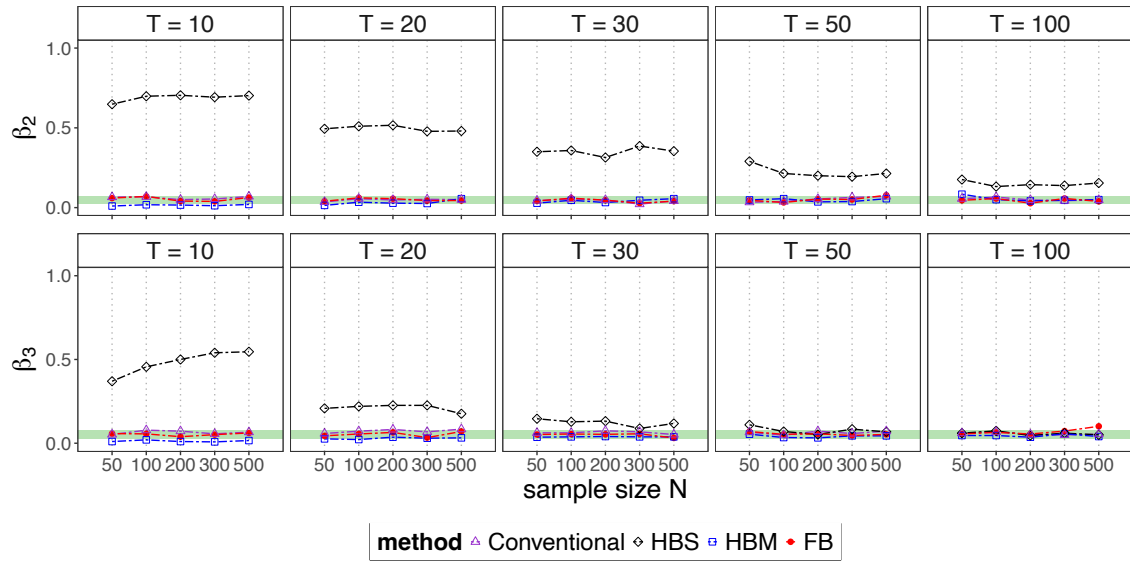


Figure S20

Type I error rate results of β_2, β_3 from conditions with $\beta_2 = 0, \beta_3 = 0$



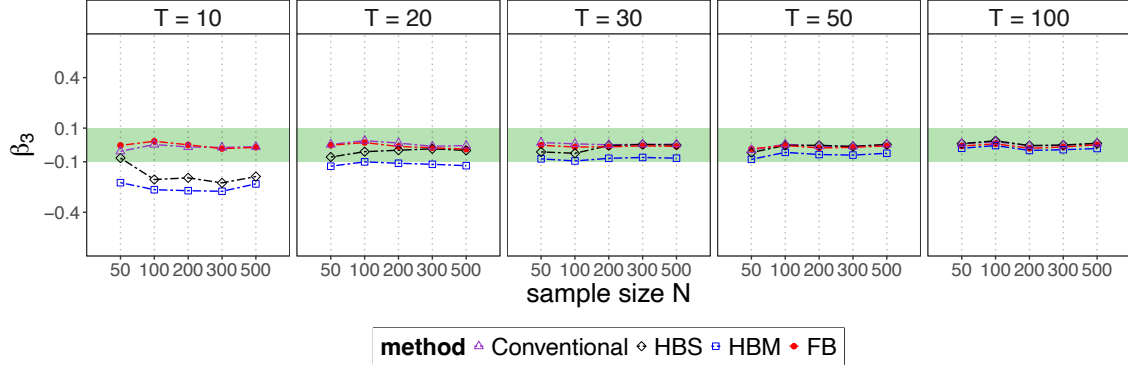
Note. The green dashed lines mark the range of [0.025, 0.075] for well-controlled Type I error rates.

1.6 $\beta_1 = 0, \beta_2 = 0$

True values: $\beta_1 = 0, \beta_2 = 0, \beta_3 = .9$

Figure S21

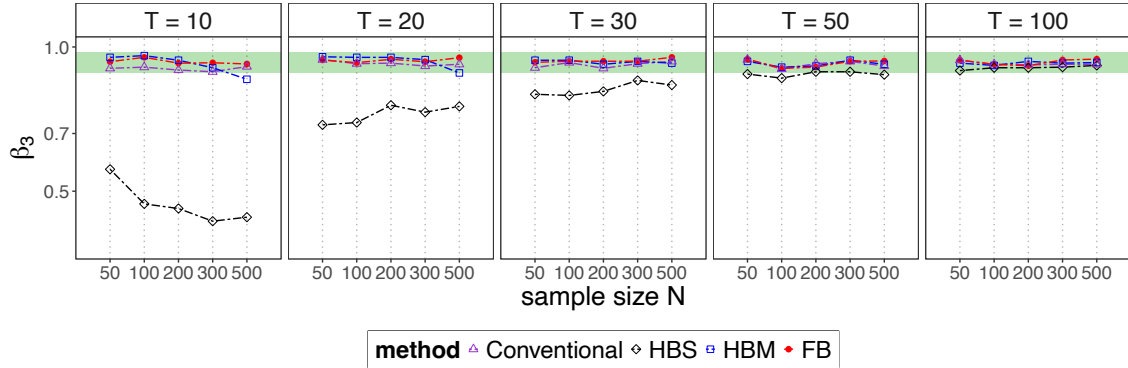
Relative bias results of β_3 from conditions with $\beta_1 = 0, \beta_2 = 0$



Note. The green dashed lines mark the range of $[-.1, .1]$ for ignorable relative biases.

Figure S22

Coverage rates results of β_3 from conditions with $\beta_1 = 0, \beta_2 = 0$



Note. The green dashed lines mark the range of $[\text{.91}, \text{.98}]$ for satisfactory 95% CI coverage rates.

Figure S23

Empirical bias results of β_1, β_2 from conditions with $\beta_1 = 0, \beta_2 = 0$

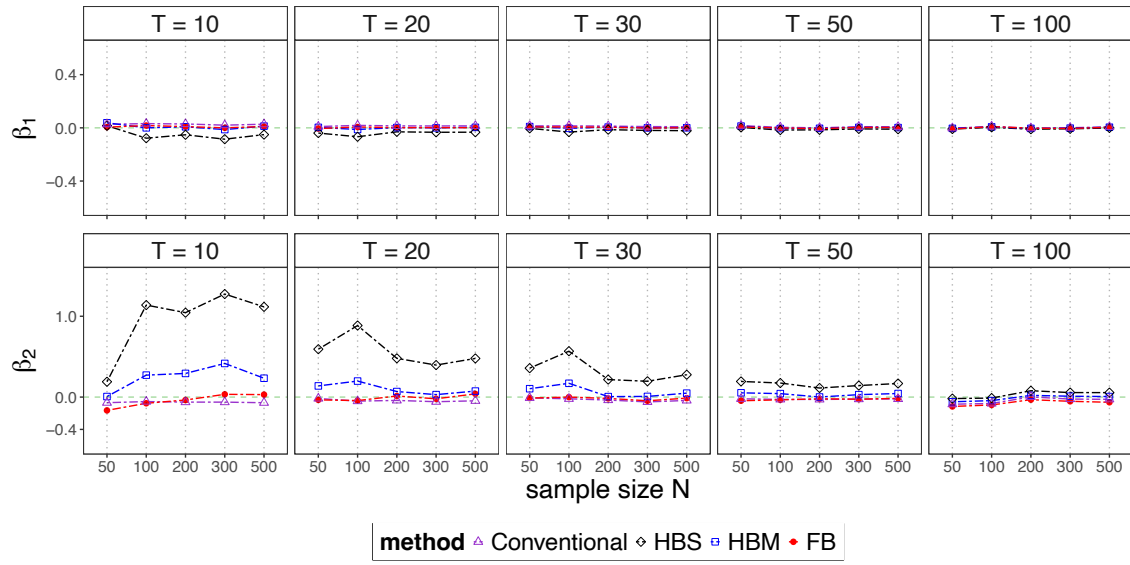
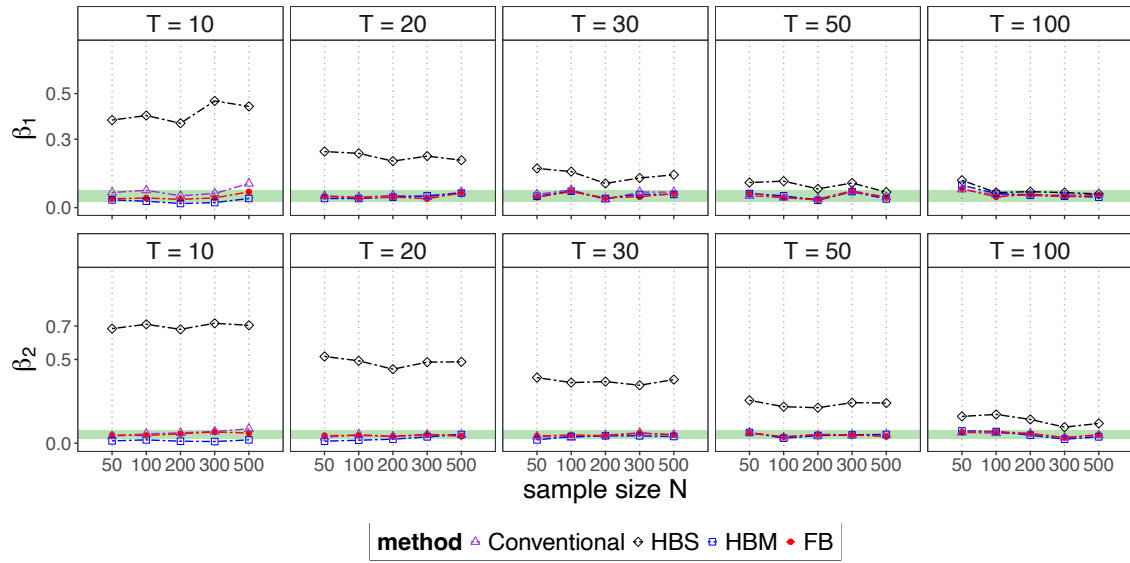


Figure S24

Type I error rate results of β_1, β_2 from conditions with $\beta_1 = 0, \beta_2 = 0$



Note. The green dashed lines mark the range of [0.025, 0.075] for well-controlled Type I error rates.

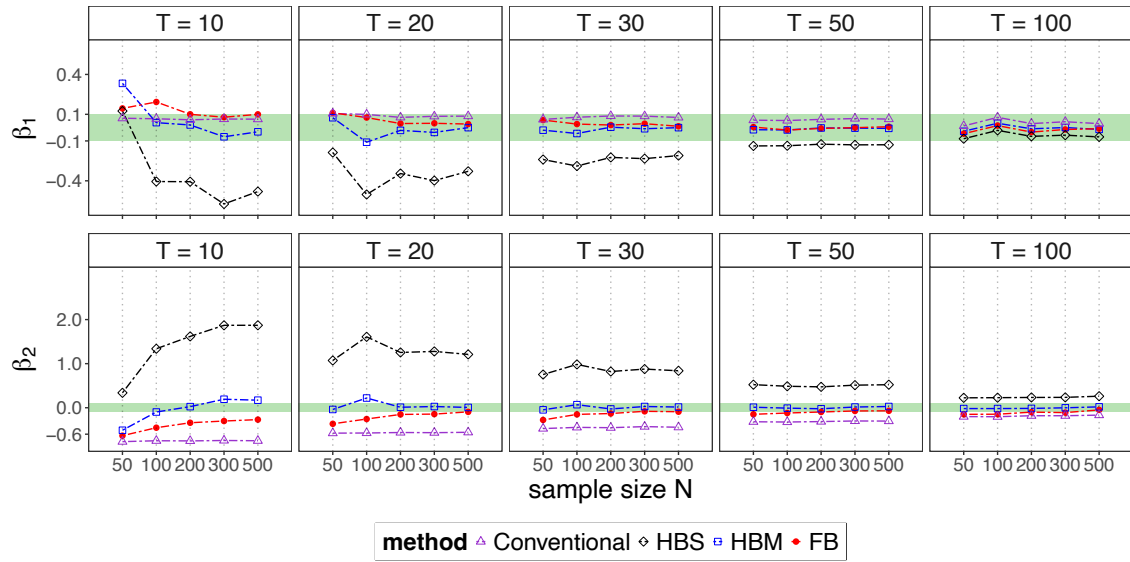
2. IVAR is a predictor

2.1 $\beta_3 = 0$

True values: $\beta_1 = .39$, $\beta_2 = 1.7$, $\beta_3 = 0$

Figure S25

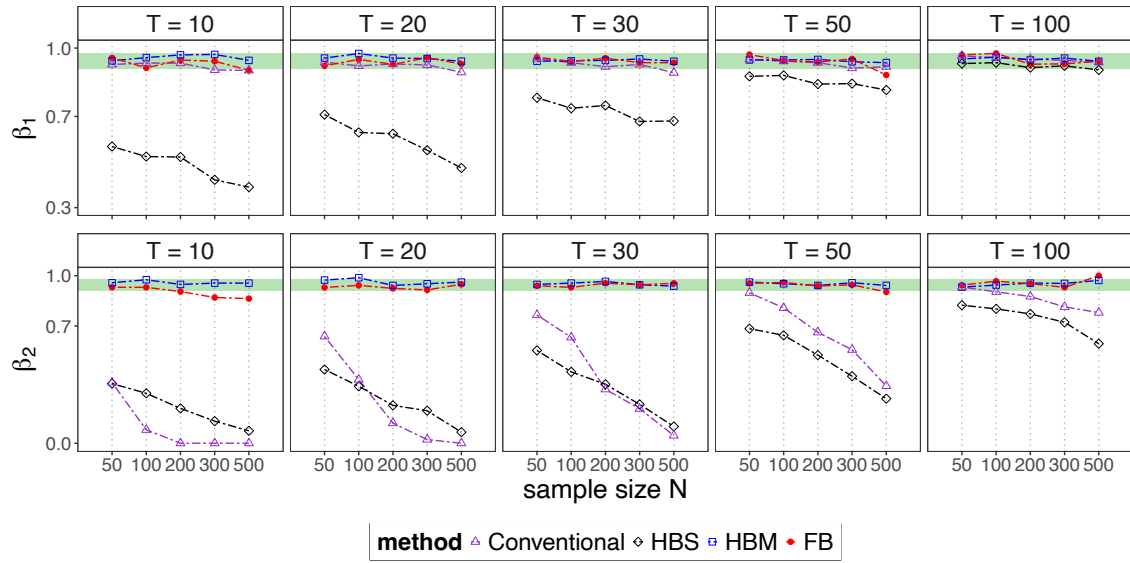
Relative bias results of β_1, β_2 from conditions with $\beta_3 = 0$



Note. The green dashed lines mark the range of $[-.1, .1]$ for ignorable relative biases.

Figure S26

Coverage rates results of β_1, β_2 from conditions with $\beta_3 = 0$



Note. The green dashed lines mark the range of $[.91, .98]$ for satisfactory 95% CI coverage rates.

Figure S27

Empirical bias results of β_3 from conditions with $\beta_3 = 0$

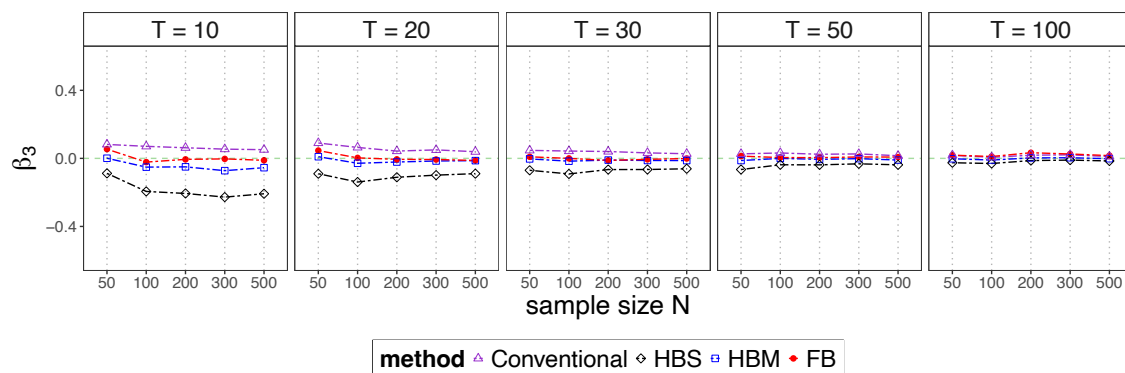
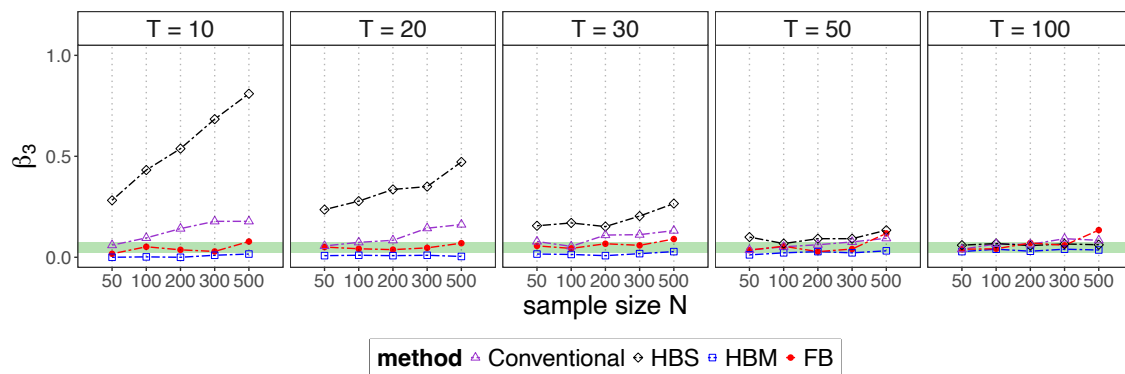


Figure S28

Type I error rate results of β_3 from conditions with $\beta_3 = 0$



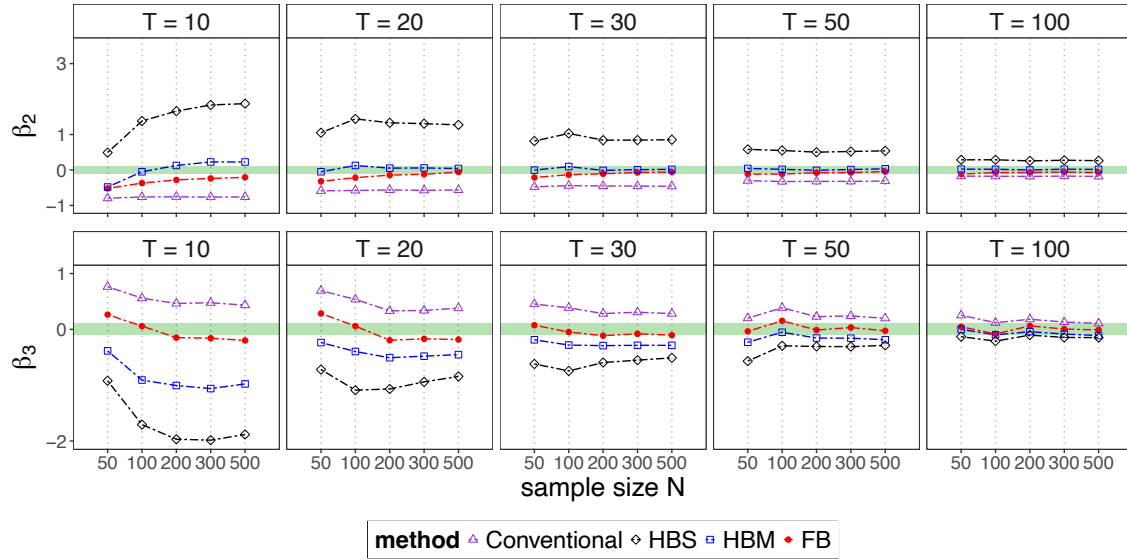
Note. The green dashed lines mark the range of $[.025, .075]$ for well-controlled Type I error rates.

2.2 $\beta_1 = 0$

True values: $\beta_1 = 0$, $\beta_2 = 1.9$, $\beta_3 = .13$

Figure S29

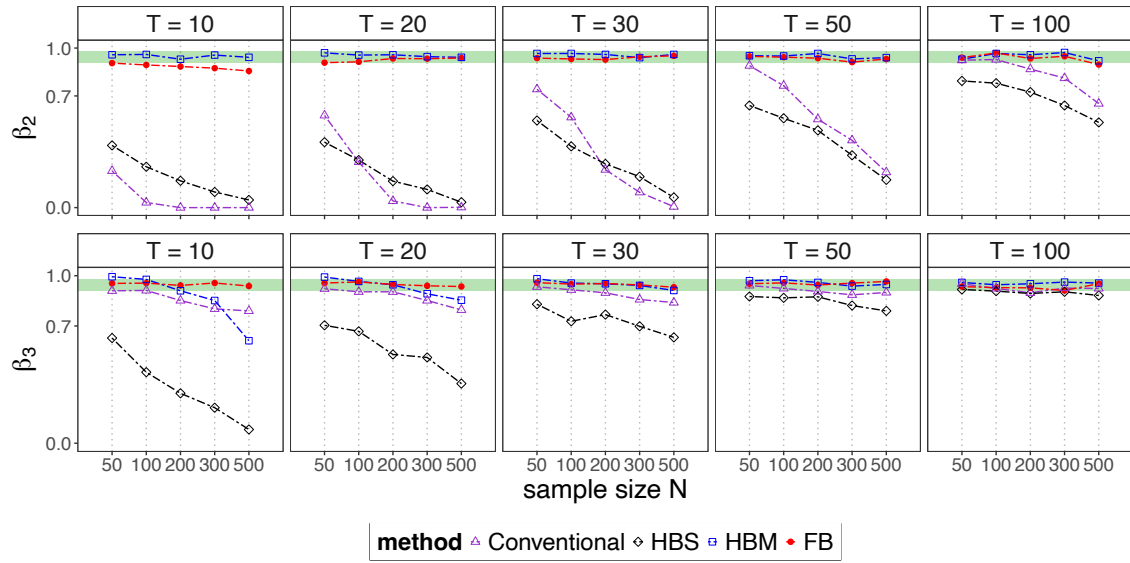
Relative bias results of β_2, β_3 from conditions with $\beta_1 = 0$



Note. The green dashed lines mark the range of $[-.1, .1]$ for ignorable relative biases.

Figure S30

Coverage rates results of β_2, β_3 from conditions with $\beta_1 = 0$



Note. The green dashed lines mark the range of $[.91, .98]$ for satisfactory 95% CI coverage rates.

Figure S31

Empirical bias results of β_1 from conditions with $\beta_1 = 0$

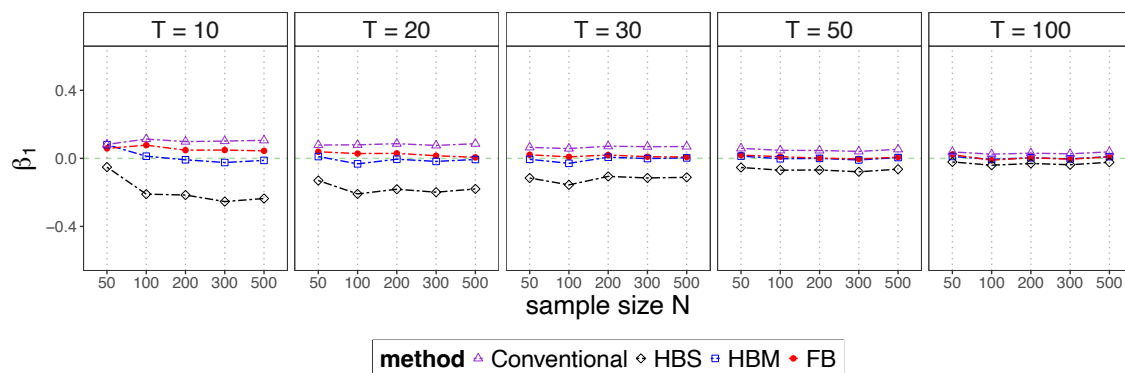
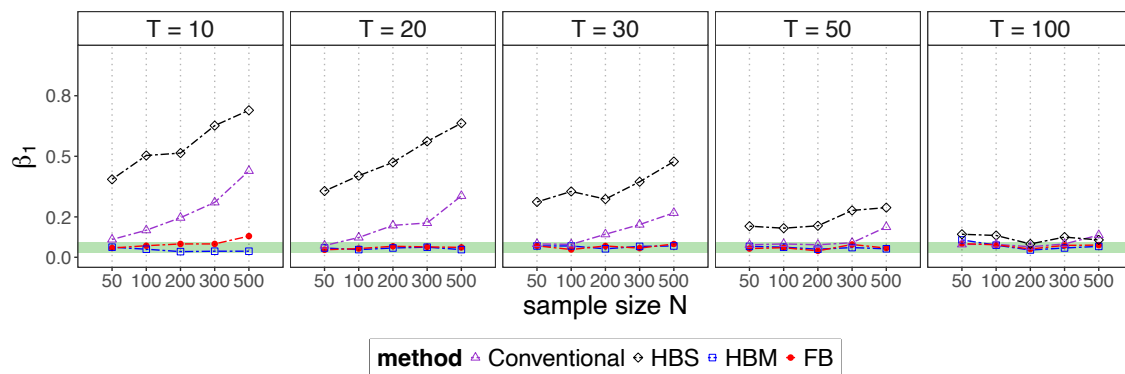


Figure S32

Type I error rate results of β_1 from conditions with $\beta_1 = 0$



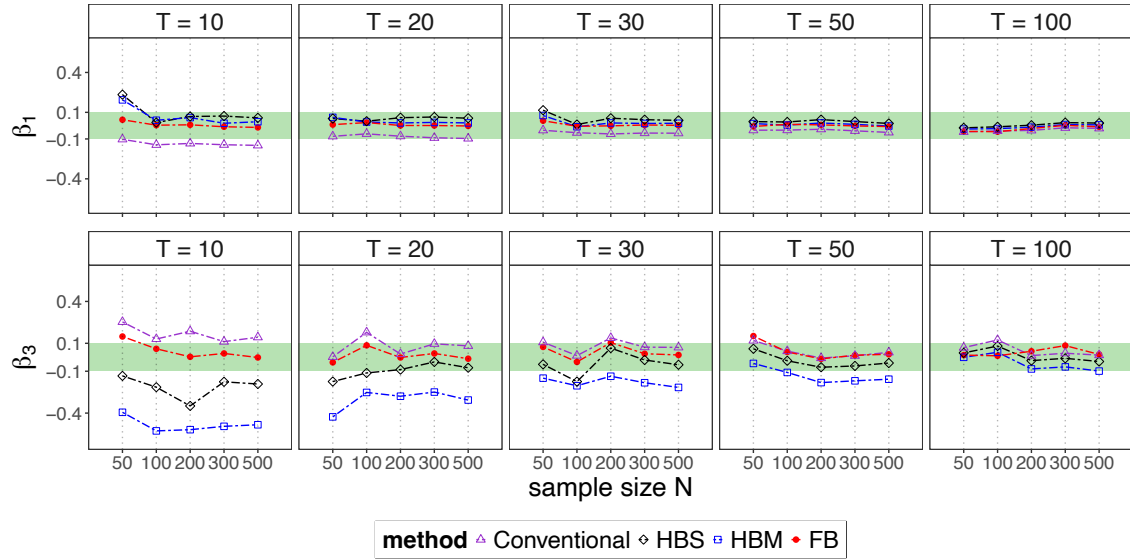
Note. The green dashed lines mark the range of $[.025, .075]$ for well-controlled Type I error rates.

2.3 $\beta_2 = 0$

True values: $\beta_1 = .47$, $\beta_2 = 0$, $\beta_3 = .13$

Figure S33

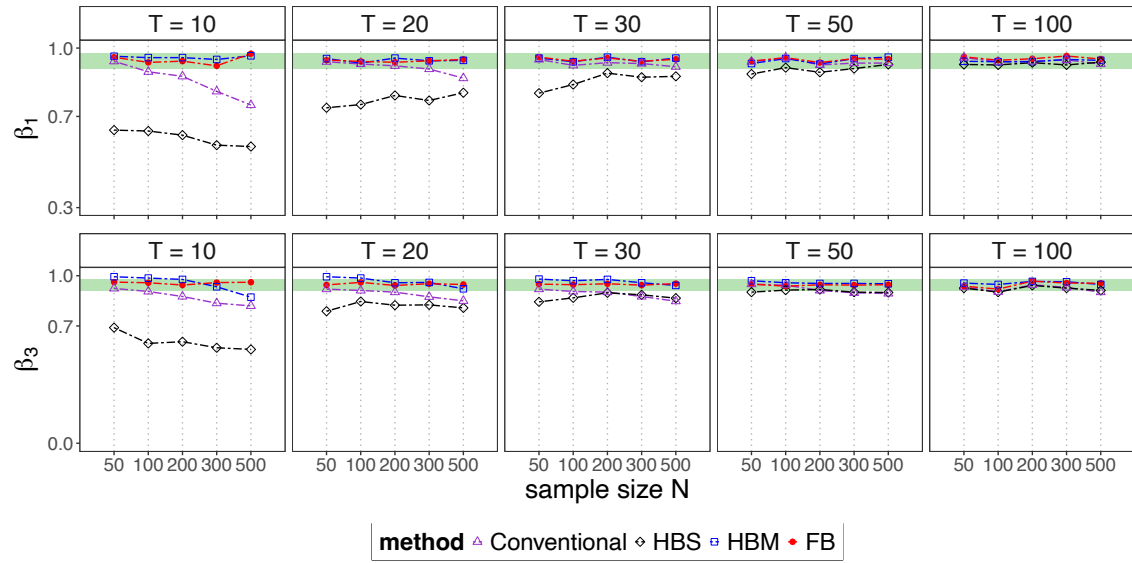
Relative bias results of β_1, β_3 from conditions with $\beta_2 = 0$



Note. The green dashed lines mark the range of $[-.1, .1]$ for ignorable relative biases.

Figure S34

Coverage rates results of β_1, β_3 from conditions with $\beta_2 = 0$



Note. The green dashed lines mark the range of $[.91, .98]$ for satisfactory 95% CI coverage rates.

Figure S35

Empirical bias results of β_2 from conditions with $\beta_2 = 0$

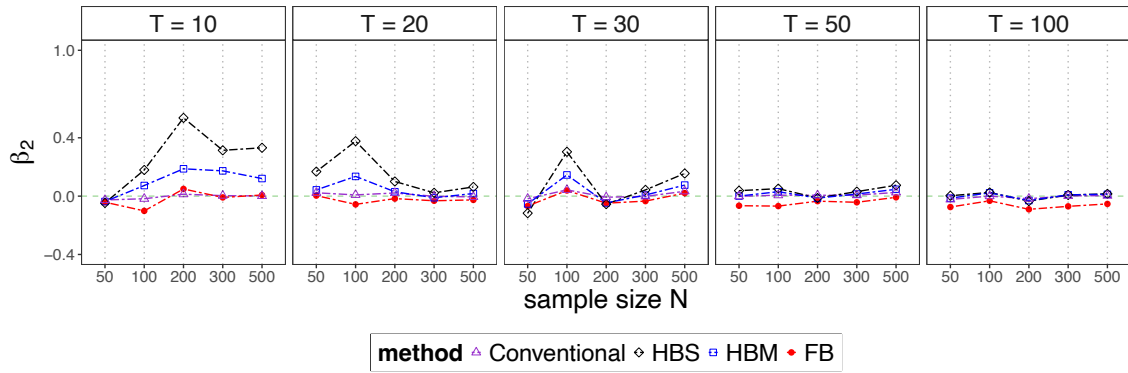
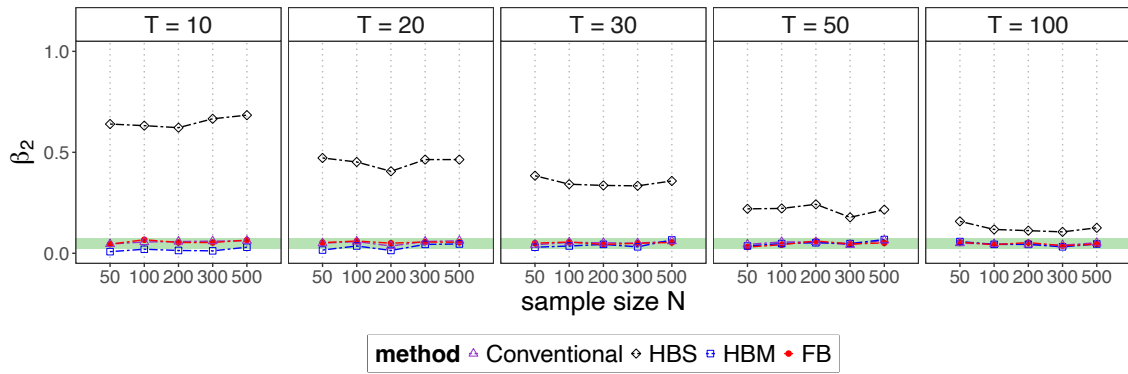


Figure S36

Type I error rate results of β_2 from conditions with $\beta_2 = 0$



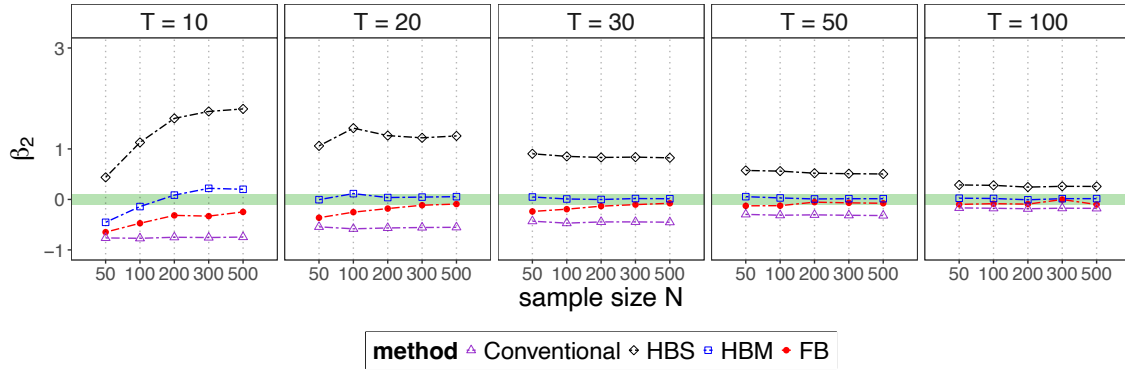
Note. The green dashed lines mark the range of $[.025, .075]$ for well-controlled Type I error rates.

2.4 $\beta_1 = 0, \beta_3 = 0$

True values: $\beta_1 = 0, \beta_2 = 2, \beta_3 = 0$

Figure S37

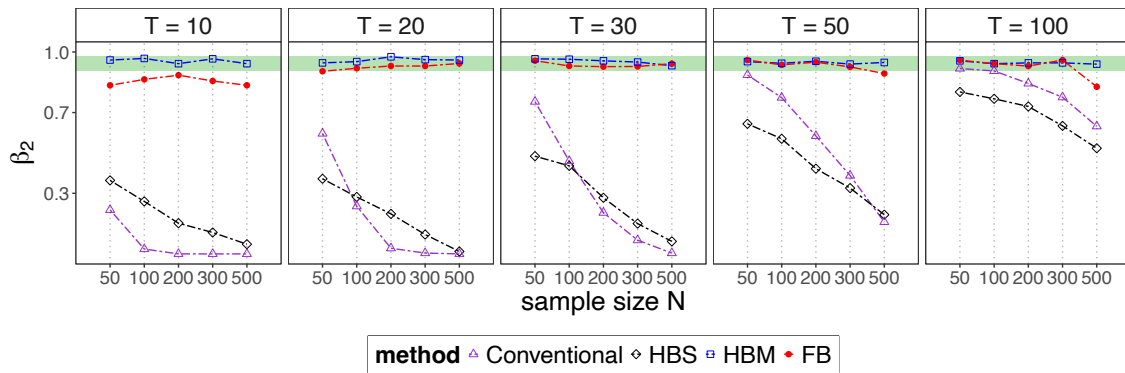
Relative bias results of β_2 from conditions with $\beta_1 = 0, \beta_3 = 0$



Note. The green dashed lines mark the range of $[-.1, .1]$ for ignorable relative biases.

Figure S38

Coverage rates results of β_2 from conditions with $\beta_1 = 0, \beta_3 = 0$



Note. The green dashed lines mark the range of $[\text{.91}, \text{.98}]$ for satisfactory 95% CI coverage rates.

Figure S39

Empirical bias results of β_1, β_3 from conditions with $\beta_1 = 0, \beta_3 = 0$

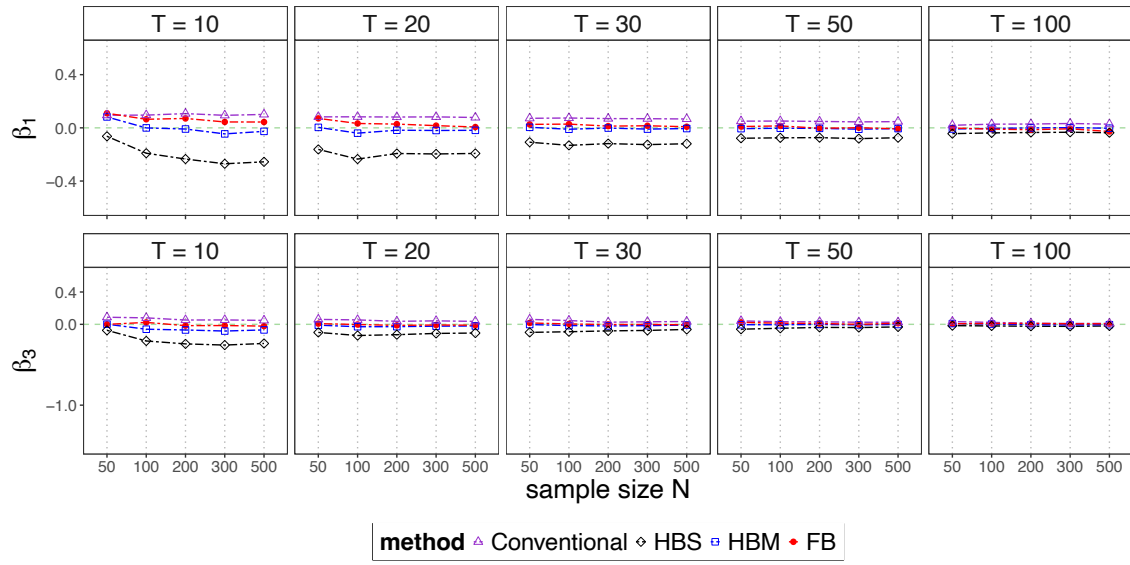
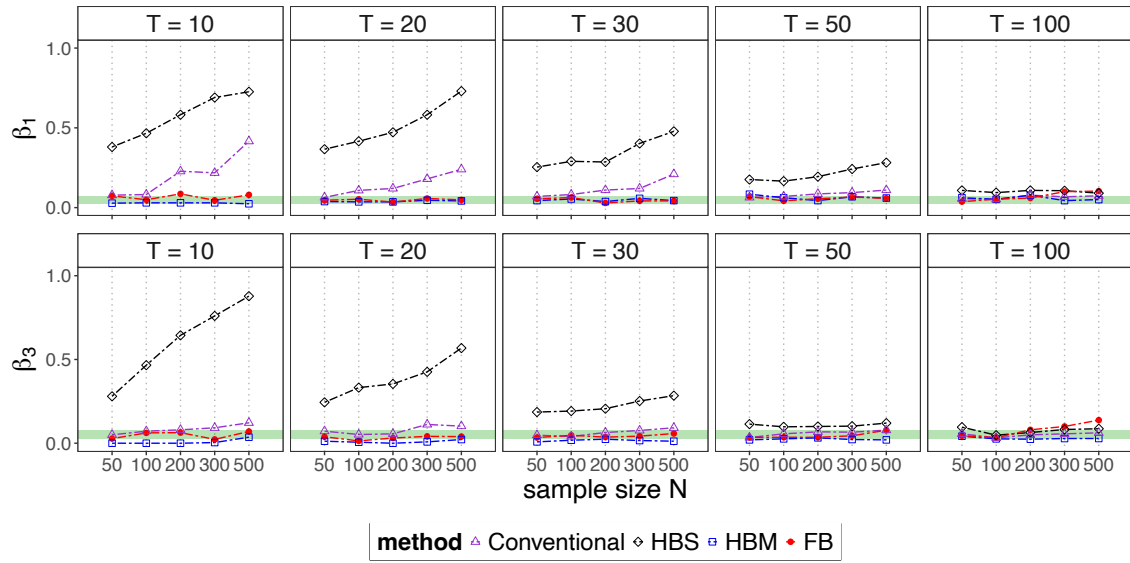


Figure S40

Type I error rate results of β_1, β_3 from conditions with $\beta_1 = 0, \beta_3 = 0$



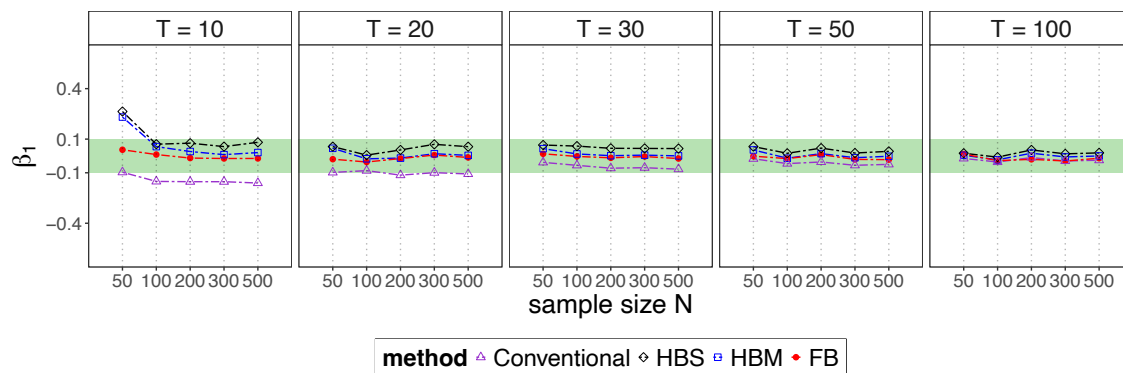
Note. The green dashed lines mark the range of [0.025, 0.075] for well-controlled Type I error rates.

2.5 $\beta_2 = 0, \beta_3 = 0$

True values: $\beta_1 = .48, \beta_2 = 0, \beta_3 = 0$

Figure S41

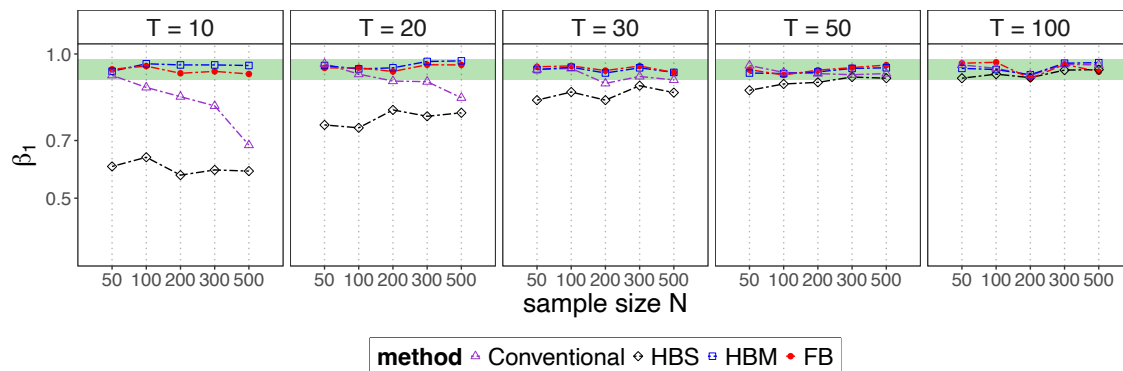
Relative bias results of β_1 from conditions with $\beta_2 = 0, \beta_3 = 0$



Note. The green dashed lines mark the range of $[-.1, .1]$ for ignorable relative biases.

Figure S42

Coverage rates results of β_1 from conditions with $\beta_2 = 0, \beta_3 = 0$



Note. The green dashed lines mark the range of $[\.91, \.98]$ for satisfactory 95% CI coverage rates.

Figure S43

Empirical bias results of β_2, β_3 from conditions with $\beta_2 = 0, \beta_3 = 0$

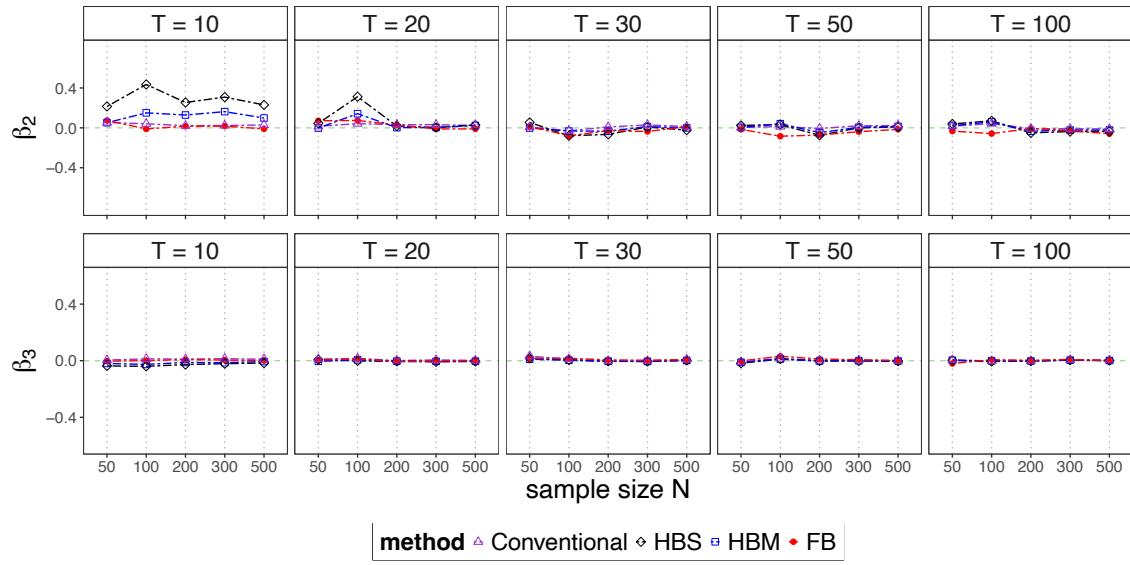
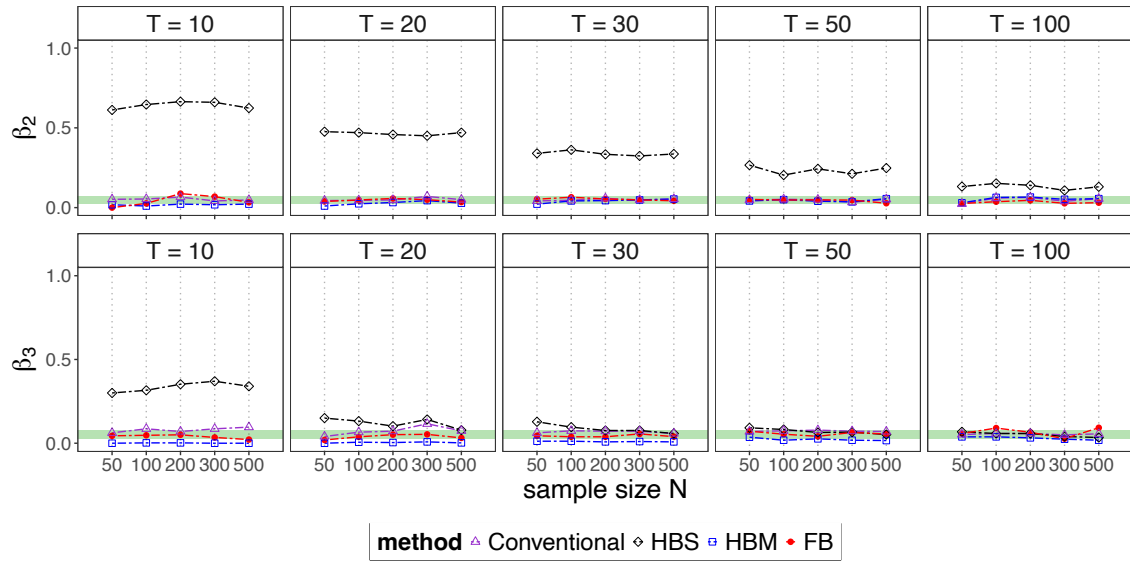


Figure S44

Type I error rate results of β_2, β_3 from conditions with $\beta_2 = 0, \beta_3 = 0$



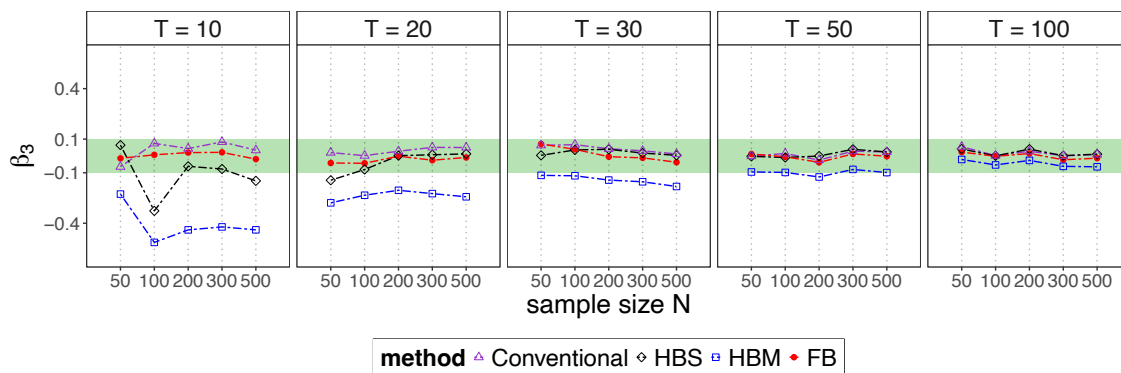
Note. The green dashed lines mark the range of $[.025, .075]$ for well-controlled Type I error rates.

2.6 $\beta_1 = 0, \beta_2 = 0$

True values: $\beta_1 = 0, \beta_2 = 0, \beta_3 = .14$

Figure S45

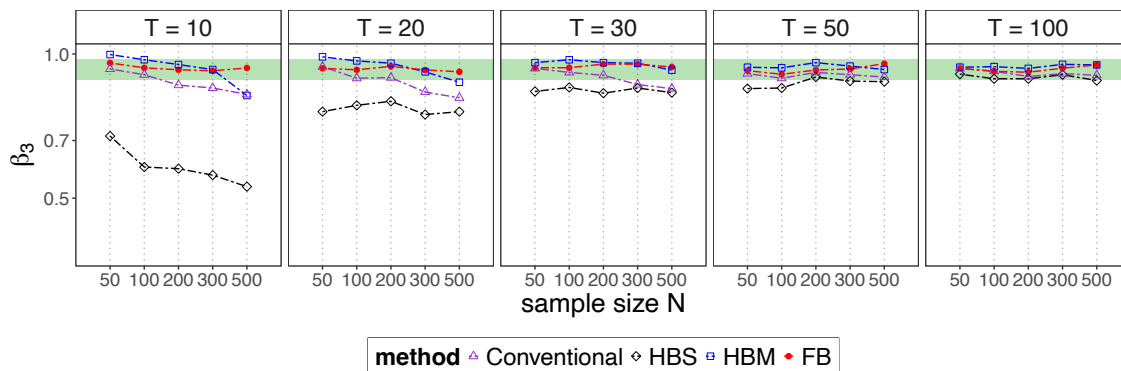
Relative bias results of β_3 from conditions with $\beta_1 = 0, \beta_2 = 0$



Note. The green dashed lines mark the range of $[-.1, .1]$ for ignorable relative biases.

Figure S46

Coverage rates results of β_3 from conditions with $\beta_1 = 0, \beta_2 = 0$



Note. The green dashed lines mark the range of $[\text{.91}, \text{.98}]$ for satisfactory 95% CI coverage rates.

Figure S47

Empirical bias results of β_1, β_2 from conditions with $\beta_1 = 0, \beta_2 = 0$

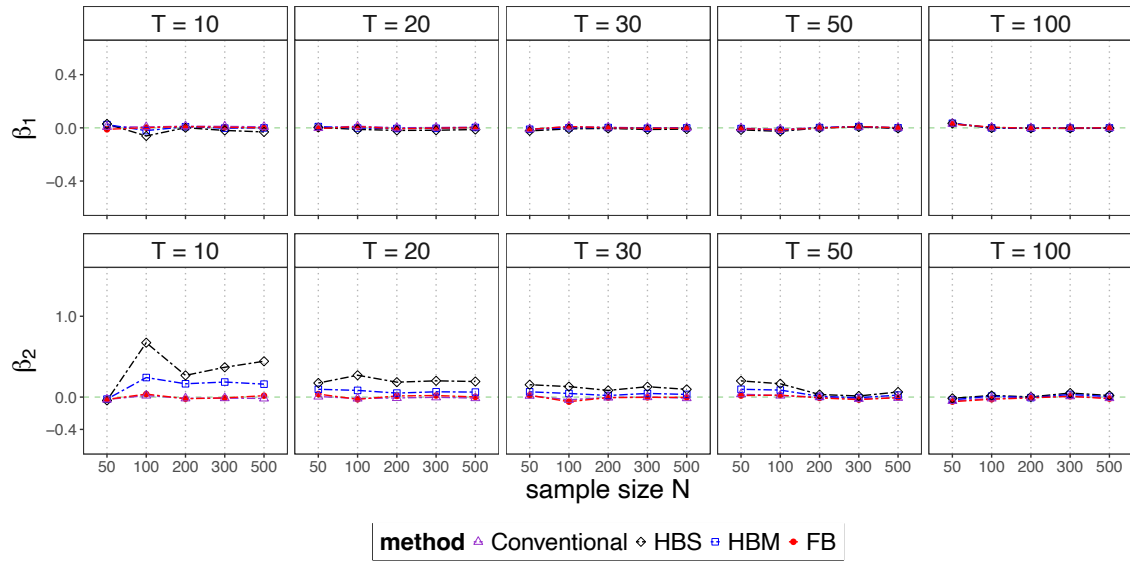
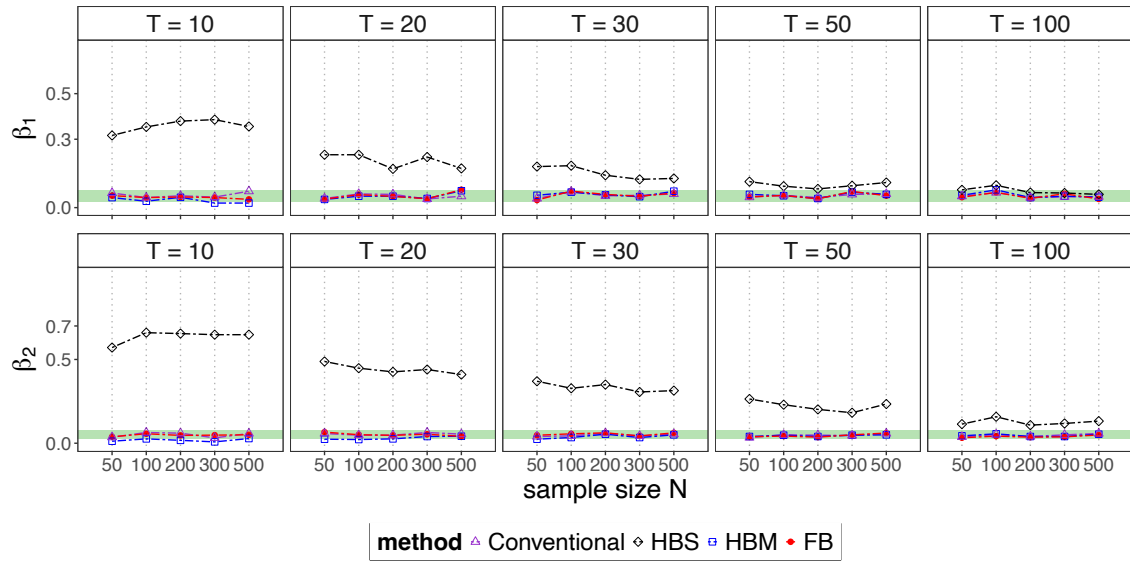


Figure S48

Type I error rate results of β_1, β_2 from conditions with $\beta_1 = 0, \beta_2 = 0$



Note. The green dashed lines mark the range of $[.025, .075]$ for well-controlled Type I error rates.